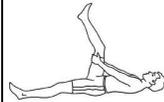


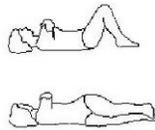
Independence School District Workplace Stretches



Lie on your back on a firm surface. Lift one leg and clasp your hands behind your thigh. Pull gently towards your chest while keeping opposite leg flat on floor. Hold 5-10 sec, relax, and repeat on other leg. Complete stretch twice on each leg.



Lie on your back on a firm surface. Bend both knees with feet flat on the surface. Push your lower back into the floor by pulling the lower abdominal muscles up and in. Hold your back flat while breathing easily in and out. Hold 5-10 sec., relax, and repeat. Do not hold breath.



Lie on your back on a firm surface. Bend both knees with feet flat on the surface. Cross your arms over your chest. Look over your right shoulder as you turn both knees to the left. Allow your knees to relax and go down without forcing. Bring knees and head back up to center. Reverse directions.

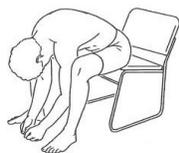


Kneel down on the floor and assume "all-fours". Keep your head neutral, gazing toward the floor. Slowly allow your trunk to sag as far as you can so that your back is arched. Let it relax as you lift up your face towards the ceiling. Then, round your back as far as you can by contracting lower abdominal muscles as you lower the top of head toward floor. All motions should be initiated from your low back.

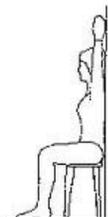


Kneel down on the floor and assume "all-fours". Slowly move your hips back so that your buttocks rests on your heels and your arms are stretched out on each side of your head.





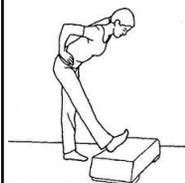
Sit tall on a chair with your arms in between your legs. Hinge at the waist as you bring your chin towards your chest. Let your arms and upper body relax between your knees. Hold for 5-10 sec., relax, and repeat.



Sit tall on a stool with your back flat against a wall. Look straight ahead and lift your arms overhead. Try to keep your head and back flat against the wall. See if you can touch the wall with your shoulders while keeping your back flat. Hold for 5-10 sec., lower your hands to the starting position, relax, and repeat.



Stand up straight with your arms at your sides and your feet shoulder width apart. Place your right hand on your right hip and begin to lower your right shoulder, allowing your trunk to curve. Reach over top with the left arm. Hold for 5-10 sec. Slowly straighten back neutral and repeat on the opposite side. Stretch both sides twice.



Can be performed with your foot on a 2-6" step or flat on the ground. Standing tall, put your left leg straight out in front of you. Lift your left toes up so only your heel touches the ground. Keeping your back as straight as possible, hinge at the waist. A mild, comfortable stretch should be felt behind your thigh. Hold stretch for 10 seconds, release slowly and switch sides. Stretch both legs twice.

Questions? Contact the Wellness Center @ ext. 10125